

Chri

Gigi page 3

A memorable visit to New York









Join us for an overnight trip to New York City on **Tuesday, March 31,** that will include the Broadway shows *The Audience* starring Helen Mirren and *On the Twentieth Century* starring Kristin Chenoweth, and a tour of the 9/11 Memorial Museum.

We will leave the Village Center at 7:30 a.m. and arrive in New York in time for lunch (on your own) at Hudson Eats, a collection of restaurants with a view of the river. After lunch, we'll cross the street to the 9/11 Memorial Museum. The museum, which opened in May, is located in the heart of the World Trade Center site

and is a powerful tribute to the victims, the survivors and their loved ones. The guided tour passes many fascinating exhibits and artifacts. Narrow paths lead to thousands of photos and videos, which you may view — but only if you so choose. Outside the museum is the Memorial Plaza whose prominent features are the memorial pools built into the footprints of the twin towers with the names of every person who died in the terrorist attacks inscribed in bronze. *Note: the museum visit involves a lot of walking.*

Following our visit to the museum, we will ride over to our

hotel, Novotel Times Square, and check into our rooms. We'll dine together in the newly remodeled Supernova Restaurant at the hotel with thrilling views of Times Square. Afterwards, we'll enjoy the new musical production of the comedy On the Twentieth Century. A bankrupt theater producer (Golden Globe winner and Tony nominee Peter Gallagher) embarks on the luxury train traveling from Chicago to New York City to convince a glamorous Hollywood starlet (Emmy and Tony Award winner Kristin Chenoweth)

Continued on page 5

Lunch at L'Auberge Chez Francois

Savor the afternoon when we dine at one of the Washington area's top culinary destinations, L'Auberge Chez Francois, on **Thursday, Feb. 26.** A perennial favorite among restaurant critics and discriminating diners for special-occasion dinners, this Alsatian-French restaurant is now open for lunch. So we'll make the short drive to beautiful Great Falls, Va., to enjoy a leisurely four-course luncheon in the wonderful farmhouse setting.

The multi-course menu offers a choice



of 11 different appetizers, including but not limited to Chez Francois' favorites such as warm Roquefort tart, medley of pates or braised Wagyu beef. Appetizers are complemented with the restaurant's organic mesclun salad. For an entrée, you may choose among 16 selections, including fresh trout, grilled Norwegian salmon, classic bouillabaisse, fresh calf's liver, lamb tenderloin, cassoulet, veal, and short ribs, among other Chez Francois specialties.

Continued on page 2

L'Auberge, continued from page 1

Don't forget to save room for dessert. The menu includes a number of gluten-free dishes. In addition to fabulous food and a beautiful setting, L'Auberge Chez Francois has a long history in the Washington area.

François Haeringer, the founder of L'Auberge Chez François was a pioneer when he opened the original Chez François in the heart of Washington, D.C., in 1954. In 1975, at age 57, Haeringer decided to fulfill his dream of opening a country inn, which he opened in the rolling green hills of Great Falls in 1976.

We'll depart from the Village Center at 10:45 a.m. and should return by 3 p.m.

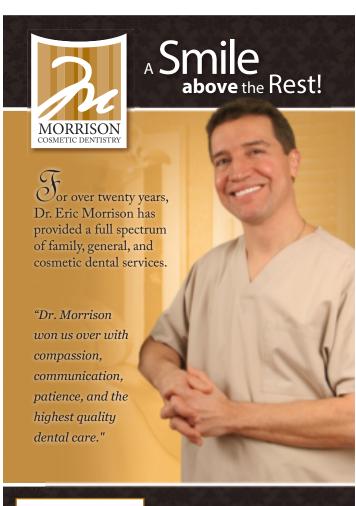
The cost of the trip, which includes round-trip transportation, four-course luncheon, all taxes and gratuities, is \$78. Residents and their guests may sign

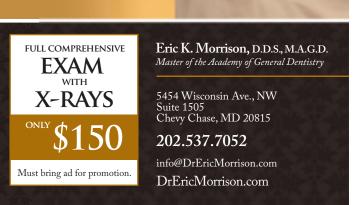
up immediately at the Village Center. Non-residents may sign up beginning Jan. 9. There are 29 spaces available.

Children's Summer Art Camp dates announced

Our annual children's summer art camp, run by curator Millie Shott, will take place **Monday, June 22 through Friday, June 26, from 9:30 a.m. to 1 p.m.** daily at the Friendship Heights Village Center. Campers ages 6 through 12 will complete a variety of fine arts projects during the week. Children must have completed kindergarten to qualify.

The cost is \$250 per child; sign up by March 1 and pay \$225 per child. Sign up immediately at the Village Center.







www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the February issue is January 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...



Chinese Treasures on view in Richmond

Just a few spaces remain for our trip to the Virginia Museum of Fine Arts to see the special exhibit "Forbidden City: Imperial Treasures from the Palace Museum" on **Wednesday, Jan. 7.** We'll also enjoy a two-course luncheon in the museum's beautiful Marble Hall.

The treasures, many of which have never been on display, include a sable crown with lapis lazuli headband, bronze bells and jade chimes, delicate scrolls measuring 12 feet high, a red lacquer throne, richly embroidered

Continued on page 4

Gigi – you'll remember it well

Tickets remain for the matinee performance of *Gigi* on **Wednesday**, **Feb. 11** at the Kennedy Center.

The world premiere production of Lerner and Loewe's musical comedy stars Vanessa Hudgens and is directed by award-winner Eric Schaeffer. *Gigi* is the story of true love between a free-spirited



young woman and a wealthy young playboy who must overcome the conventions of turn-of-the-century Paris. This highly anticipated pre-Broadway engagement features glorious songs like "Thank Heaven for Little Girls" and "I Remember It Well."

We will leave the Village Center at 12:30 p.m. and return around 4:30 p.m. The cost of the trip, which includes an Orchestra seat (at a ten percent discount), transportation and driver gratuity, is \$94. After Jan. 8 the cost goes up to \$99.

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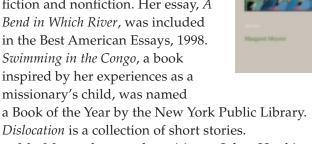
SALES & PURCHASES & RENTAL MANAGEMENT

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Author to speak at the Center

Margaret Meyers, teacher, awardwinning author and former Village resident, will discuss her book, Dislocation, at the Village Center on Thursday, Jan. 22, at 7:30 p.m.

Ms. Meyers is a writer of both fiction and nonfiction. Her essay, A Bend in Which River, was included in the Best American Essays, 1998. Swimming in the Congo, a book inspired by her experiences as a missionary's child, was named



Ms. Meyers has taught writing at Johns Hopkins (where she was awarded the Writing

> Program's Faculty Award for Teaching Excellence), the University of Virginia, American University, and the National Cathedral and St. Albans schools. Copies of the book will be available for purchase. Please call 301-656-2797 to register.



Richmond, continued from page 3

robes, costumes, and many other decorative arts.

Virginia Museum of Fine Arts Director Alex Nyerges said: "The exhibition is exceptional because it features nearly 50 paintings by court officials and court artists, including magnificent silk paintings depicting important historic events in monumental scale. We are equally pleased to share our Fabergé collection with the people of China."

These artworks represent the imperial collection from the Ming (1368-1644) and Qing (1644-1911) dynasties with a focus on the mid-Qing dynasty. In addition, the exhibition features a number of works drawn from VMFA's collection.

Prior to our tour, we'll enjoy a special luncheon in the museum's magnificent Marble Hall. Our menu includes chicken tajine served over fragrant rice, and chocolate fudge pie for dessert. Choice of coffee or tea is also included.

In addition to viewing the Forbidden City exhibit, we'll also have time to visit some of the museum's permanent collections, as well as its fabulous gift shop.

We'll depart from the Village Center at 9 a.m. and should return by 8 p.m. The cost of the trip, which includes round-trip transportation, admission to the museum and the Forbidden City exhibit, lunch and all taxes and gratuities, is \$108.

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New York, continued from page 1

into playing the lead in his new, non-existent drama. The play, written by Betty Comden and Adolph Green, also stars Mark Linn-Baker and promises non-stop laughs.

Wednesday morning is left free so you can have some time on your own to shop or explore a gallery. We will meet at the theater and attend the matinee performance of *The Audience* starring Academy Award winner Helen Mirren as Queen Elizabeth II. The play, which earned rave reviews in London, takes theatergoers behind the walls of Buckingham Palace and into the private chambers of the queen as she talks with each of her 12 Prime Ministers, from Winston Churchill to David Cameron, in a weekly meeting called The Audience.

We will leave for home immediately after the play and stop for a fast food dinner (on your own) along the way. We should be back at the Center by 10 p.m. The cost of the trip, which includes Orchestra seats at both Broadway shows, entrance ticket and guided tour of the museum, Tuesday's dinner, hotel room, transportation and all gratuities is \$775 per person based on double occupancy; the single supplement is \$168. A deposit of \$450 plus single supplement is due at sign-up and is refundable until Jan. 30. The balance is due Feb. 27.

Residents and one guest may sign up immediately at the Village Center; non-residents may sign up beginning Jan. 12. There are 25 spaces available.

We strongly recommend purchasing trip insurance. Information about insurance is available at the front desk.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Jan. 8 , 7 p.m. — Movie — Jersey Boys — Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons and their bumpy offstage lives stretches across four decades. Each of the musical act's four original members presents a different set of memories from their shared past. Rated R. Running Time: 134 minutes.

Thursday, Jan. 15, 7 p.m. — Movie — The Hundred Foot Journey — Helen Mirren stars in this tale of a feud between two adjacent restaurants: one operated by a recently relocated Indian family and the other managed by a Michelin-starred French chef. Rated PG. Running Time: 122 minutes.

Thursday, Jan. 22, 7:30 p.m. — Book signing with Margaret Meyers, see page 4 for details.

Thursday, Jan. 29, 7 p.m. — **Movie** — *How to Train* **Your Dragon 2** — In this sequel to the 2010 computeranimated hit *How to Train your Dragon*, Hiccup and Toothless discover an ice cave that is home to hundreds of new wild dragons and the mysterious Dragon Rider. It isn't long before the two friends find themselves at the center of a battle to protect the peace. Animated. Stars the voices of Jay Baruchel, Gerard Butler, America Ferrara, and Jonah Hill. PG. Running Time: 105 minutes.

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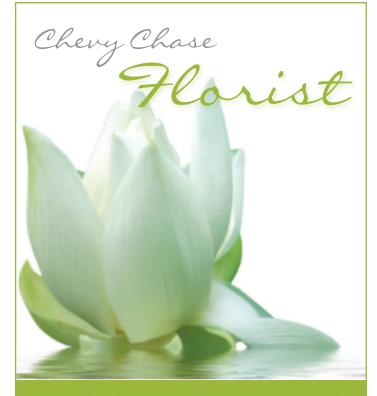
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ART and CULTURE



On exhibit in January

Artist Gladys Lipton will exhibit in the Friendship Gallery this month with a show titled "Color and Chaos."

Gladys Lipton is a former teacher of French and Spanish and former head of the New York City's foreign language program. She was the coordinator of the Modern Language Department at UMBC's Outreach Program and ran an International Language Camp for young children. She also served as a consultant to school districts and universities in the US and abroad. Of her painting she says, "My creations are an exploration of a different world, one that has opened up for me the joy of working with colors, shapes and forms. I choose colors by picking ones that appear to clash in order to create something that is vibrant and perhaps even unexpected."

The show runs from Jan. 5 to 31. All are invited to a reception to meet the artist on **Sunday**, **Jan. 11**, **from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.





Friendship Heights Village Center



Calendar of Events 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2 9:15 a.m.: Drop-in Tai Chi	SATURDAY 3 8:15 a.m.: Walking Club
656-2797 to cor	nfirm that the center is o	ase call the Village Cenopen and that classes ar Government's decision	re being	New Year's Open House 2 to 3:30 p.m. Shuttle Bus runs 1:30 to 4 p.m. only between the residential buildings and the Center	10:30 a.m.: Coffee and Current Events	10:30 a.m.: Basic Photography
a.m.: Yoga with Robin :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	9 a.m.: Depart for Richmond 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Jersey Boys	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	8:15 a.m.: Walking Club 9:30 a.m.: Photography of Children 10:30 a.m.: Basic Photography 12:00: Landon Symphonette
a.m.: Yoga with Robin :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 1:30 a.m. – 1:30 p.m.: Art Reception	10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	14 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Recipe for Healthy Bones" 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Friday Morning Music Club	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Hundred Foot Journey	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	8:15 a.m.: Walking Club 9:30 a.m.: Photography f Children 10:30 a.m.: Basic Photography
:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors Shuttle Bus runs on a weekend schedule	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	21 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 4 p.m.: Bidding at Bridge 7:30 p.m.: Concert: Tales in the Village	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Margaret Meyers: Dislocation	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	8:15 a.m.: Walking Club 9:30 a.m.: Photography Children 10:30 a.m.: Basic Photography
a.m.: Yoga with Robin :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	26 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4 p.m.: Bidding at Bridge 7:30 p.m.: Concert: Vladmir Fridman	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: How to Train your Dragon 2	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	8:15 a.m.: Walking Club 9:30 a.m.: Photography Children 10:30 a.m.: Basic Photography

Shuttle bus hours



Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Start the new year with Landon Symphonette

Please join us for a special woodwind performance by the Landon Symphonette on **Saturday, Jan. 10, from noon to 1:30 p.m.** The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend.



Thank you generous neighbors!

A big thank you to all the Village residents who donated 422 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provides food for 3,300 households each month; 2,000 "Smart Sacks" are given to elementary school children every week.

CLASSES and CLUBS

PLEASE SIGN UP <u>AT LEAST</u> 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins Jan. 5. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends March 23 (class will not meet Jan. 19 or Feb. 16).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins Jan. 8. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends March 12. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins Jan. 10. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends Feb. 14.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan. 7. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or

pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is Feb. 11.

BRIDGE

BIDDING AT BRIDGE

This 6-week series taught by Frank Shull, a life master at bridge, begins Jan. 21. Meets Wednesdays from 4 to 6 p.m. (note new start time). This course will review different types of opening hands such as 12-point hands, distributional hands, no trump hands, when to present and more. Each class will take time for students to play on their own and allow Frank to take questions on any challenging hands. The minimum number of students is 8: maximum is 17. This class is for people who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends Feb. 25.

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 7-week class begins Jan. 6. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends Feb. 17. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins Jan. 7. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone

upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends Feb. 18.

MAT PILATES

The 6-week session begins Jan. 6. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about corestrength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends Feb. 10.

MEMORY AND MOVEMENT

NEW! This 6-week class begins
Jan. 9. Meets Fridays, from 10:30 to
11:30 a.m. This class, taught by Cheryl
Clark, will help your short-term
memory and balance. The exercises
are specially designed to target brain
health as well as physical strength.
Cheryl Clark is a licensed Physical
Therapist Assistant who has been
working on the aging body and its
complexities for over 15 years. The
cost is \$65 for residents; \$70 for
nonresidents. Session ends Feb. 13.

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Jan. 8. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Feb. 12. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Jan. 6. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends Feb. 10.

STRENGTH TRAINING WITH TONYA

This 7-week class begins Jan. 5. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$75 for residents; \$80 for nonresidents. Session ends March 2 (class will not meet Jan. 19 and Feb. 16).

YOGA WITH ROBIN (Day)

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins Jan. 4. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$134 for residents; \$139 for nonresidents. Session ends March 22 (class will not meet Jan. 18 and Feb. 15).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at

the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. The club will not meet in January; check the February newsletter for details.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

CONCERTS

During the winter months, concerts are performed the second and fourth Wednesdays, from 7:30 p.m. to 8:30 p.m., in the Village Center. The third Wednesday of the month features "Tales in the Village," a special storytelling series. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

Wednesday, Jan. 7 — NO CONCERT

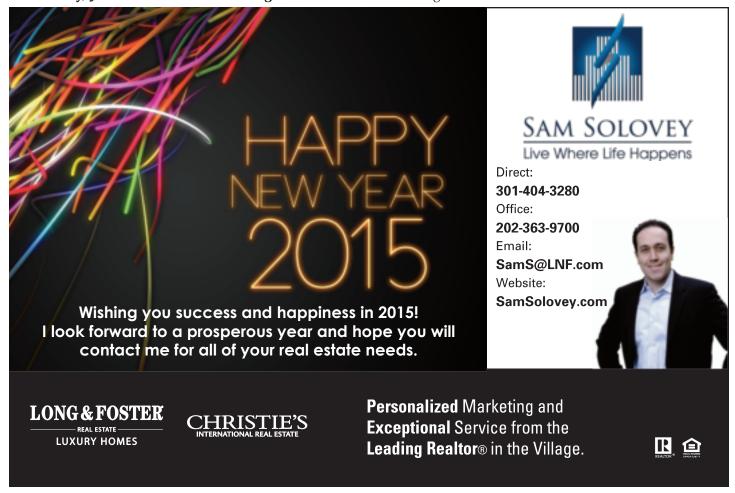
Wednesday, Jan. 14 — Friday Morning Music

Club — The Friday Morning Music Club presents a program of diverse ensembles with clarinet trio, string quartet, and violin duo in the following: Schubert: Der Hirt auf dem Felsen: Eistel: An die Entfernte with Marjorie Coombs Wellmen, soprano; Carole Falvo, clarinet; and Ruth Locker, piano. Shostakovich's String Quartet No. 1, op. 49, 3rd & 4th movements will feature Marjorie Greene and Jeffrey Adler, violins; Jeanne Rosenthal, viola; Jan Timbers, cello. The final performance will be Grieg's Violin Sonata No. 3 in C Minor, op. 45 by Christine Kharazian, violin; and Frank Conlon, piano.

Wednesday, Jan. 21 — Tales in the Village — This

monthly program, produced by Ellouise Schoettler, features local and nationally known storytellers.

Wednesday, Jan. 28 — Vladimir Fridman — Guitarist Vladimir Fridman was born and raised in Moscow, Russia, receiving an education in music and engineering. Despite a promising career as a civil engineer, Vladimir decided to pursue his real passion — guitar. Since his arrival to the United States in 1998, Vladimir has become widely known in the musical community of the Greater Washington area. For many years he played with the Gypsy Strings, whose album Ole Guapa won the WAMMIES Award in 2001. In addition to his solo performances, Fridman frequently performs as a member of two wonderful bands — the Music Pilgrim Trio and the TransAtlantic Duo.



TO YOUR HEALTH

Avoiding computer eye strain

According to the American Academy of Ophthalmology, staring at computers and other digital devices for long periods won't cause permanent eye damage, but may cause your eyes to feel dry and tired. Studies show that we blink half as often while using these devices. The Vision Support Lunch and Learn encourages you to use the following steps to reduce eye strain:

- Sit about 25 inches from the computer screen and position the screen so your gaze is slightly downward.
- Reduce glare from the screen by lighting the area properly; use a screen filter if needed.

- Post a note on the computer that reminds you to "BLINK."
- Every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds: the "20-20-20" rule.
- Use artificial tears to refresh your eyes when they feel dry (ask your ophthalmologist for a recommendation)
- If you have to be at your computer for a long work session, take regular breaks and use tired or sore eyes as a signal that it is time to stop working and get some rest.

The Vision Support Lunch and Learn, a program in partnership with the Village of Friendship Heights and the Prevention of Blindness Society of Metropolitan Washington, will meet again in February.

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Friendship Heights

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Recipe for healthy bones

At this month's Suburban Lecture at the Village Center on **Wednesday, Jan. 14, at 1 p.m.,** learn which foods build bones and understand the factors that put your bones at risk. Dr. Daphne Keshishian will review the importance of proper nutrition in preventing the onset of osteoporosis and she will share strategies on protecting bone health.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



Golf/Tennis Elbow Pain Alleviated By Platelet Treatments

Submitted by Mayo Friedlis, MD StemCell ARTS, an Affiliate of National Spine and Pain Centers

A recent study found that patients reporting elbow pain reported a 55.1% improvement in pain scores 12 weeks after treatment with Platelet Rich Plasma (PRP), and a 71.5% improvement in pain scores after 24 weeks. The research concluded that, "Treatment of chronic tennis elbow with leukocyte-enriched PRP is safe and results in clinically meaningful improvements compared with an active control group."

Elbow Pain: Causes and Traditional Treatments

Elbow pain is commonly referred to as tennis elbow and golfer's elbow. The grip that is used for the racket or golf clubs, if not done properly, can detach the muscles from the bone at the elbow, causing pain and discomfort. These tendons do not have a strong blood supply and, as a result, often do not heal properly on their own.

Cortisone shots, combined with physical therapy, are typical treatments for elbow pain. Cortisone shots will mask the pain, but often will not permanently heal the injury. Invasive surgery is another alternative, but can include significant pain and an extended recovery time.

Treating Elbow Pain with Biologic Regenerative Treatments

Biologic regenerative treatments use the body's natural healing process to create a long-lasting solution to elbow pain. Now, a more advanced platelet protocol, called Regenexx, is available. This protocol is offered exclusively by only 26 clinics around the U.S.

The Regenexx PRP protocol uses growth factors in a patient's own blood to start the healing process by attracting repair cells, including critical stem cells, to the site of injury. Many patients experience an improvement in just 2-3 treatment sessions, with minimal downtime. Patients can return to the sport they love, while avoiding invasive surgery.

This enhanced Regenexx protocol also offers the following benefits:

• Our Super Concentrated Platelets Produce a Higher Concentration of Growth Factors, which are better able to help heal injuries • The Regenexx Network of Physicians Continuously Strive for Improvement by tracking actual outcomes to adjust treatments for optimal results.

Maximizing the success of PRP Treatment

A physical examination can tell you if there is instability, pain, or restriction of motion. Regenexx-certified physicians, members of National Spine & Pain Centers, can also utilize ultrasound guidance, if

needed, to locate the actual source of pain.

Regenexx providers use an inhouse lab to customize treatment options, adjusting the concentration of platelets based on age and the size of injury. Precision application under fluoroscopic or ultrasound guidance is a key component to achieving the best results.

Regenexx-certified physicians have the ability to discuss all treatment options, including both conventional and regenerative tech-

niques, to give you the best chance of alleviating elbow pain.

¹Allan K. Mishra, MD*,†, Nebojsa V. Skrepnik, MD, PhD‡, Scott G. Edwards, MD§, Grant L. Jones, MD, Steven Sampson, DO¶, Doug A. Vermillion, MD#,

Matthew L. Ramsey, MD**, David C. Karli, MD, MBA†† and Arthur C. Rettig, MD, "Platelet-Rich Plasma Significantly Improves Clinical Outcomes in Patients With Chronic Tennis Elbow: A Double-Blind, Prospective, Multicenter, Controlled Trial of 230 Patients," The American Journal of Sports Medicine, (2013), http://ajs.sagepub.com/content/early/2013/07/03/0363546513494359. abstract?sid=4d9ea42a-04ae-4841-9f7e-57d640fe8bf6a



Patient Education Seminar

ALTERNATIVES TO SURGERY:

USING YOUR OWN STEM CELLS TO HEAL YOUR BODY

Please join us for a fun and informative seminar discussing the unique stem cell and blood platelet procedures that StemCell ARTS has to offer.

StemCell ARTS, an affiliate of National Spine and Pain Centers, provides a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and joint conditions. Our procedures increase function, decrease pain and

offer the patient viable alternatives to invasive surgery typically followed by lengthy periods of downtime and painful rehabilitation.

Here's the opportunity to get your questions answered by the area's leading regenerative medicine expert and WASHINGTONIAN Magazine rated Top Doctor. Bring a spouse, other loved one or a friend/colleague. Space is limited.

CONDITIONS THAT MAY RESPOND WELL TO STEM CELL AND PLATELET PROCEDURES:

- Knee Pain, Osteoarthritis, Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

FREE PATIENT EDUCATION SEMINARS

Chevy Chase, MD

TUESDAY, JANUARY 6, 2015 6:00pm to 8:00pm

Fairfax, VA

WEDNESDAY, JANUARY 21, 2015 6:00pm to 8:00pm

RSVP

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Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and one of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN'S Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or Dr. Friedlis is complex. Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy of Pain Management and the National Board of Medical Examiners.

Cafe Muse presents...

This month's Café Muse, on **Monday**, **Jan. 5**, **at 7 p.m.**, features poets Michael Boylan and Holly Karapetkova.

Michael Boylan is the author of two books of poetry, three novels, and two published plays. He has read his poetry in various venues including Oxford, University of Sydney, Harvard, and The Library of Congress. Dr. Boylan is Professor and Chair of Philosophy at Marymount University in Arlington.

Holly Karapetkova's poetry, prose, and translations from the Bulgarian have appeared widely in print and online, in places such as *Mid-American Review*, 32 *Poems*, and *The Huffington Post*. Her first book, *Words We Might One Day*

> Dr. Michael Gittleson Podiatrist The Barlow Building

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Say, won the 2010 Washington Writers' Publishing House Poetry Award. She is also the author of over 20 books for children and young adults. Dr. Karapetkova is Assistant Professor of Literature and Language in the Department of English at Marymount University.

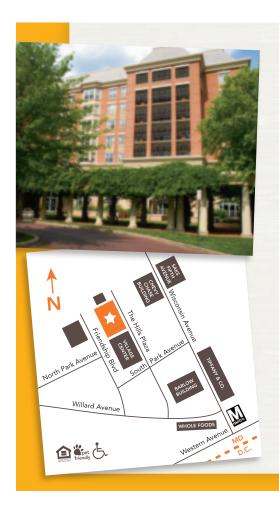
Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www. wordworksdc.com.

The February Café Muse will take place Feb. 2. The poets will be Bill Yarrow and David Keplinger.

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Village Council Corner

Wrapping up our Centennial Year



In December we completed our year of Centennial celebrations and programs with storyteller Ellouise Schoettler recounting the story of Lillian Shoemaker Brown, a descendant of one of the original families that settled in the Village (see photo at right). This capped off a year of celebration and reflection as we looked back at the history of our unique community. Our four Centennial Saturday programs provided a comprehensive review of the development of the Village, including future development potential at the Geico site.

Former residents shared memories of the days when the community consisted of just 100 houses. We had a program on the architectural history of the community, and

we hosted a fashion show featuring clothing from 1914 through the decades. Council member Elizabeth Harris modeled an outfit from the 1920s (below right).

With banners lining the streets and special displays at the Village Center, the Centennial was highlighted throughout the year. Our updated history book, the first since 1994, will be available shortly.

Thanks to everyone who participated in our Centennial programs.





Council actions at the November 10 meeting:

• Approved proposal from A. Morton Thomas to provide design services for a playground for 2-5 age group only in the upper right corner of Page Park; approved motion to install low decorative fence around play area.



Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

January 2015 events calendar